

Behavioral Health Resources for Working with Military Members, Veterans, and their Families

Maryland Resources

Maryland Department of Veterans Affairs (MDVA): The MDVA is an Executive Department in the Maryland State Government whose mission is to serve the needs of MD veterans. The website links to state and federal benefits, educational links, claims assistance, and other resources. <http://www.mdva.state.md.us>

Maryland's Commitment to Veterans: This outreach and referral initiative connects veterans to behavioral health services and helps loved ones learn about the challenges facing returning service members. <http://www.veterans.dhmh.maryland.gov> A featured link includes a resource portal called *Network of Care*, which can be accessed directly at: www.networkofcare.org

Maryland Veterans Resilience Initiative (MaVRI): A partnership of the University of Maryland School of Public Health and the Maryland Department of Health and Mental Hygiene, MaVRI assesses training needs of Maryland mental and physical health providers working with veterans and family members; offers behavioral health trainings for professionals; and strengthens peer support for veterans and service members on the State's college campuses. www.sph.umd.edu/fmsc/mavri (301) 405-7573

Serving Together: This initiative of the Mental Health Association of Montgomery County seeks to connect troops, veterans and their families with useful, accessible support services in the County. The project has a website of local health/mental health, educational, employment and related services offers mental health trainings for providers and military families; and is currently developing a peer navigator system to provide additional assistance. servingtogetherproject.org

Department of Defense Resources

Military OneSource: This website is sponsored by the Department of Defense and is the principal source of information for military members and their families. www.militaryonesource.com or 1-800-342-9647 for immediate assistance.

After Deployment: The Department of Defense and the Veterans Administration developed this website to assist service members, their families, veterans, and providers as they address common post-deployment problems such as anger, depression, and relationship problems. The site includes quizzes, assessments, videos, workshops, and other interactive resources. www.afterdeployment.org

Veterans Affairs Resources

VA Military/Veteran Mental Health Toolkit for Providers: The VA has developed a Community Provider Toolkit for behavioral and mental health providers treating military service members and veterans; it includes a variety of online tools including screening tools and assessments, mini-clinics on specific issues, health benefits information, and a PTSD Coach App for smartphones. www.mentalhealth.va.gov/communityproviders/

VA Campus Toolkit: This website aims to strengthen the connection between college/university mental health professionals and student veterans of the Iraq and Afghanistan conflicts. The toolkit helps equip colleges and universities to assist with any special mental health needs student veterans may have. www.mentalhealth.va.gov/studentveteran/

Returning Service Members Website: The VA designed this website to support veterans of the Iraq and Afghanistan conflicts. It features videos, veteran stories, and links to benefits information. www.oefoif.va.gov

Veterans Crisis Line: For veterans in crisis and their families and friends, the Veterans Crisis Line was developed as a way to provide free and confidential support. Veterans and their loved ones can call 1-800-273-8255, chat online at www.veteranscrisisline.net, or send a text message to 838255.

Center for Women Veterans: The Center reviews VA programs and services for women veterans to ensure women receive services and benefits on par with male veterans and are treated with respect and dignity by VA service providers. The website contains information on VA benefits for women, video stories of women veterans, and statistics on women veterans. www.va.gov/womenvet/

Children of Veterans (Resources)

Zero to Three: This organization works to increase awareness and collaboration throughout the military community so that parents and professionals can more effectively care for very young children and their families. Download resource guides, browse the bookstore, and read about current military family projects.

<http://www.zerotothree.org/about-us/funded-projects/military-families/>

Sesame Street: Talk, Listen, Connect: This program was developed for military families dealing with deployment, reintegration, and change. Download videos, worksheets to use with families and children, and resource guides. <http://www.sesameworkshop.org/what-we-do/our-initiatives/military-families.html>

Military Child Education Coalition (MCEC): MCEC focuses on ensuring quality educational opportunities for all military children affected by mobility, family separation, and transition. www.militarychild.org

Defense Centers of Excellence

Resources Section: This website offers a centralized list of products and resources produced by the Defense Centers of Excellence, organized by topic area. www.dcoe.health.mil/Resources.aspx

Real Warriors Campaign: This website offers free print materials, opportunities for outreach, social media connections, and information to promote resilience and help seeking among military members and veterans.

<http://www.realwarriors.net/>

Outreach Center: This call center is staffed 24/7 by health resource consultants who provide confidential answers, tools, tips, and resources about psychological health and traumatic brain injury. 1-866-966-1020

Clinicians' Toolkits and Trainings: This website contains clinical education and practice guideline toolkits including slides, manuals, reference cards, and pocket guides on topics such as mild TBI, substance use disorder, and major depressive disorder. http://www.dcoe.health.mil/Training/Provider_Training_Resources.aspx

Monthly Webinars: The DCoE hosts monthly webinars to facilitate education and discussion on topics related to psychological health and TBI. The webinars are available to the public and some offer CEUs.

http://www.dcoe.health.mil/Training/Monthly_Webinars.aspx

Center for Deployment Psychology: This website provides information on trainings for providers, resources for therapists and military families, and in-depth information about topics and disorders. <http://deploymentpsych.org/>

Center for the Study of Traumatic Stress (Resources List): This website provides a centralized list of electronic fact sheets on timely health topics for military service members, veterans, their families, and providers, developed by leading health experts from the Uniformed Services University of the Health Sciences. Includes resources from the 'Courage to Care' Campaign. <http://www.cstsonline.org/resources/>

Professional Development

NASW Joining Forces Initiative: The NASW Joining Forces joint initiative prepares social workers to meet the needs of our nation's military. Online training modules include military culture, direct practice, advocacy, cultural competency, and standards review. <http://www.socialworkers.org/military.asp>

Give An Hour: Register your practice with Give An Hour if you are willing to provide one hour of therapy service per week pro bono to military/veteran individuals, couples, and/or families. <http://www.giveanhour.org>